

Healthy Habits Protect Your Family and Yourself



Cover your cough and sneeze with tissue or sleeves. Teach your children to do the same.

Wash your hands thoroughly with soap and water, especially before eating and after using the toilet. Teach your children to do the same.

Avoid touching your eyes, nose or mouth with dirty hands. Teach your children to do the same.

Stay home when you are sick.

Additional information on how to protect yourself and your family from getting sick can be found at:

- CDC, Stopping the Germ at Home, Work and School:
www.cdc.gov/germstopper/home_work_school.htm

Encourage children to adopt good hygiene habits, visit:

- National Science Foundation (NSF) Scrub Club:
www.scrubclub.org
- School Network for Absenteeism Prevention, It's a SNAP:
www.itsasnap.org/snap/about.asp